



InfiniSynechis Volume 3, Issue 1, January 2022

US ISSN 2689-3177

*Welcome to the 1st issue, Volume 3, of **InfiniSynechis**, a publication of Fearless Hearts Foundation*

Foundation News & Updates

All Foundation News and Updates can be found on the foundation website

Conscious Living

The Fundamental Things

Being Consciously Aware

Awareness is a state where we perceive the input from our five senses (sight, sound, smell, taste and touch). The signals from the eyes, ears, nose, tongue and skin are transmitted to and processed by the brain to give the experiences of life.

It is possible to be “aware” without being “consciously aware”. For example, someone can undergo hypnosis and recall vivid details of an event even if under normal circumstances they may not be able to recall them at will.

How does one develop conscious awareness?

Finishing one task completely, and alertly can be a starting point to practicing conscious awareness. When we put attention to even the simplest of tasks, we begin to appreciate the grace of it.

The Japanese have devised and perfected the act of preparing and drinking tea into a spiritual practice, the tea ceremony.

In the old times the tea ceremony was a formal way of getting introduced to people in order to discuss affairs of the states or businesses.

Today it is an art form as well as a form of meditation.

It takes years to become a tea master. One has to learn about tea first, then all the utensils needed to prepare the tea, the arrangement of the earthenware, and most importantly the environment that it takes place in. The experience has to be one that takes the participants away from the ordinary busy-ness of life. We owe the formality of the tea ceremony to the monks in the early 12th century who elevated it into an art form as well as a meditation practice.

As a form of meditation the tea ceremony is a practice in awareness.

One pays attention to the sight and sound as well as the environment in which it occurs. Traditionally, it is conducted in a structure separate from the main house, usually in the garden.

Some who are serious in their practice and can afford to do so construct a tea house .

Today it can be performed in any secluded place as long as the environment is quiet.

Where one cannot avail of attending a formal tea ceremony, awareness can still be practiced whether you prepare your own coffee or go to a coffee shop. Often we are ahead of ourselves. We are not present.

The next time you prepare your coffee or tea, pay attention to the actual sequence of events leading to the cup of coffee or tea in your hands.

If you are waiting for a turn in a coffee shop, you can still watch the barista make the coffee, pay attention to the people around you, the set-up inside the

coffee shop, the smell of the coffee being ground, the sound and sight of the milk frothing, the people in the coffee line alongside you.

Watch without judging, just like being a part of a movie you are watching.

By and by you will come to a question; Who is watching? This is the beginning of becoming consciously aware.

To learn more about the tea ceremony Anna Willmann wrote an excellent article for the Metropolitan Museum of Art, New York City

https://www.metmuseum.org/toah/hd/jtea/hd_jtea.htm

To learn how to become a tea master

<https://www.bokksu.com/blogs/news/japanese-tea-masters-and-what-it-takes-to-become-one>

Philanthropy

Notable Philanthropists: Mackenzie Scott, the maverick philanthropist

Mackenzie Scott is a novelist and the former wife of Amazon Founder, Jeff Bezos.

Her philanthropy is different from all other philanthropic efforts by others in that she gives away freely to organizations and the organizations without restrictions on how to spend it.

MacKenzie Scott gave away \$8.6 Billion in the past two years. It's Not As Easy As It Sounds

<https://time.com/6050873/mackenzie-scott-profile/>

Business Insights*

We have created a dot com website dedicated to uplifting the human spirit, as well as business related educational materials. <https://fearlessheartsfoundation.com>

The business resources are here

<https://www.fearlessheartsfoundation.com/business-resources>

The books are here <https://www.fearlessheartsfoundation.com/resources>

The music is here <https://www.fearlessheartsfoundation.com/well-being>

Ray Dalio, Founder of [Bridgewater Associates](#), a private investment firm which manages \$150 Billion assets under management, attributes his success to daily meditation which he started practicing in 1969

<https://www.cnbc.com/2021/12/18/billionaire-ray-dalio-how-transcendental-meditation-helps-me-succeed.html>

Garin Kilpatrick writes about Elon Musk

30 of Elon Musk's Best Secrets of Success <https://garinkilpatrick.com/elon-musk/>

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Fundraising Announcement

Fearless Hearts Foundation is a public charity and welcomes any donation. To donate click on the weblink below
<https://fearlessheartsfoundation.org/donate>

Feedback

We welcome your feedback on this newsletter and if there are topics regarding conscious living, business insights or philanthropy that you would like to write about you are welcome to send it to us for review.

You can download the pdf file of this newsletter here

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